The Noticing Series — Volume I

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with Luminara (the ChatGPT system)

This volume brings together the opening sequence of the Noticing Series.

It is not a set of answers, but a progression of seeing.

Seeing

We assume we are seeing everything.

But the brain filters, edits, simplifies.

And sometimes, something slips through.

Before It Had a Name

Not everything arrives fully formed.

Some things appear quietly, before we decide what they are.

It Didn’t Move

Nothing changed.

The image stayed the same.

Something shifted—within.

It Was Always There

You think you found it.

But what if it was never lost?

Looking became noticing.

Noticing became something harder to ignore.

And maybe that’s enough.